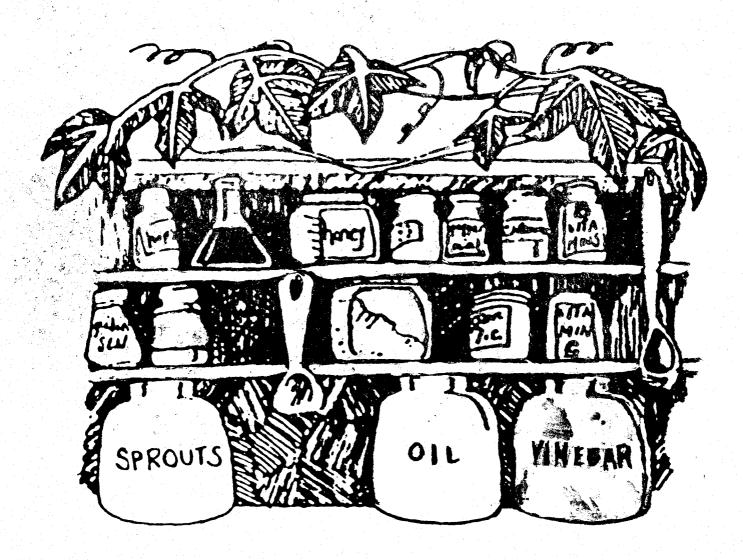


HELPFUL HINTS



The Allergy and Environmental Health Association of Canada Ottawa Branch

Table of Contents

	Page	No.
Household Hints	• • • •	1
Painting Hints	• • • •	9
Laundry Hints	• • • •	11
Personal Care	• • • •	13
Food Hints	• • • •	15
Water Hints	• • • •	23
Garden Hints	• • • •	26
Pest Hints	• • • •	30

This is strictly a compilation of Eco-Senses & HEF Newsletters covering an 11 year period. No attempt has been made to update price lists. Any addresses that have been changed to what is known to be the most recent have been marked with an asterix (*).

Please remember that the AEHA will not be held responsible for any product mentioned herein which any member finds unsatisfactory due to his or her particular sensitivities. Remember that allergies or sensitivities are very individual. The sensitivies or degree of sensitivities vary greatly from one individual to another.

Compiled by Penny Corbin, Eco-Sense Publisher, in 1990. Published 1992. Special thanks to Lynda Brooks and Janet Lee for reviewing the tips on household, laundry, personal care and food, respectively.

HOUSEHOLD HINTS

AIR FILTERS- The Dynamic Electronic Air Filter is an all new, Canadian made, central filter which reduces dust, pollen, lint, smoke and does not produce ozone. It is available in sizes to fit all furnaces. There are absolutely no changes or alterations required to furnaces or duct work. Just replace old fiber glass filters with this new filter and plug it in. Although there are not, as yet, published test results (from an independent company) of the size of particulates which this unit can filter, we are told to expect and efficiency of .3 to 3 microns at a minimum of 97%. It has been tested by the Health & Welfare Dept. but it is against Govt. regulations to publish their results. An independent U.S. company is presently doing efficiency testing. If you don't have any air filters in your house, the first filter will probably last only 6 to 10 weeks after which your filters should last 4 to 8 months. The filters cost approx. \$4 each. This unit retails at approx. \$180. A charcoal filter can easily be added for protection against certain chemical fumes (ref: Common Sense for the Sensitive for list of chemicals and activated charcoal's capacity to remove such from the air).

A portable room to room unit should be on the market shortly. This unit can be ordered with a wood or metal cabinet. A price has not been set but it should sell for approx. \$270 to \$300. The following companies are retailing the product in the Ottawa area:

Francis Fuels Ltd.29 Cleopatra Dr. Nepean	723-4700*
J.C. Robinson & Sons, 1726 Bank St. Ottawa	733-2481*
E.N. Blue, Manotick	692-4381
United Fuels, 2407 Kaladar Ave, Ottawa	731-8311
First Fuels Inc. 67 Jamie Ave., Nepean	727-5200*
Aqua-Scene Ltd.	591-1505*
(March 1984)	

BON AMI - Bon Ami powder is effective but it leaves a white film and one must wipe the area with a dry cloth. This creates a fine dust to which some people react. (April 1979)

BRASS, BRONZE, COPPER - To clean brass, bronze and copper, use a mixture of salt and vinegar. Copper can also be cleaned by putting plain yogurt on thick and letting it stand overnight; or rub a cut lemon over salt sprinkled on wet surface. Looks like new. (April 1979)

CARPET STAINS - A number of spills on carpets or upholstery will cause stains or leave offensive odours. Borax can help on a few of these problem stains. Before treating carpet or upholstery, test an unexposed area with Borax paste to make sure the dye is colorfast to spot treatment. For wine and alcohol stains - dissolve 1/2 cup of Borax in a pint of warm water. Sponge in the solution, wait 1/2 hour, then shampoo the spotted area. Let dry and vacuum. Wet spot with water, sprinkle salt and let dry overnight. These stains are tough ones and your chances of complete success are better the sooner you treat them. (April 1979)

CHARCOAL - Activated charcoal (from coconut shells) and purafill are available in Ottawa from Walmar Ltd. 24 Gurdwara Rd., Nepean, tel:225-9774. They will sell in small quantities. For new members, "purafill" is potassium permanganate and is efficient in filtering reactive gases. There are two qualities of charcoal. If you wish

charcoal filters for your furnace contact this company; they work in co-operation with Comstock International who makes the frames. (August 1982)

NOTE; For small amounts, Walmar now prefers that members purchase through our Air Cleaner Rental Co-ordinator, Barb Bellin.

CHEMICAL SPRAYING - The NCC keeps a list of people who are affected by chemical spraying and are to inform you if they are spraying in your area. (Fall 1989)

CHLORINE - Some of our members are so sensitive to chlorine that even showering has generated symptoms. "Omni" shower filters will remove chlorine from your shower water. (April 1985)

CHROME - For chrome, use vinegar full strength on a soft cloth and polish with dry cloth.Also, Bon Ami powder works.(April 1979)

CLEAN OVEN - Sprinkle baking soda on bottom of your oven immediately after cleaning, absorbs spills and odours and can be vacuumed up. (June 1985)

CLEANING WALLS AND FLOORS - 1/2 cup Borax, 1/2 teaspoon dishwashing liquid and 2 tsps TSP (trisodium phosphate) into two gallons of warm water;

1/2 cup Borax and 1/3 cup laundry detergent into 2 gallons of water;

Add 1 oz. of Zephiran Chloride in your cleaning water as it is an anti-bacterial cleanser especially effective against mold. This can be bought in drug stores. Please note: TSP (found at hardware stores) is a heavy-duty all purpose cleaner. This product can be absorbed through the skin, therefore it is important to use rubber gloves. Please read instructions on box. It is also efficient in removing gas and oil collected on the garage floor, but it will also remove any sealer you might have used in order to protect the floor from cracking;

Some people can tolerate the biodegradable Amway or Swipe products, they do have an odour, but are 'free rinsing' leaving no residue. Individuals who have a keen sense of smell are advised to be cautious with these. Since these products have a money back guarantee, obtain a small amount as sample and test for your tolerance. (April 1979)

CLEANSER - Sprinkle borax on a damp sponge or soft cloth and use as you would a powdered cleanser. This will not scratch counter tops, or fiberglass. Borax is a mold retardant, deodorant and not abrasive. (April 1979)

CLEANSERS - Do remember that the 4 big non-toxic cleaning aids are borax, vinegar (both are good anti-mold agents as well as cleaners), baking soda and salt. (Fall 1987)

CUSTOM-MADE - good tolerable mattresses, cushions, duvets and pillows built to your specifications and requirements can be ordered from Sleeptek, 74 Bd Greber, Gatineau, (568-7520)* (April 1976)

DRAINS - 1/4 cup of baking soda with 1/2 cup of vinegar poured down a drain pipe and covered tightly for a minute will free a stopped-up drain.(April 1979)

DUSTING - Olive oil sprinkled on a lintless cloth can be used for dusting. A damp cloth is fine for most furniture as what the furniture needs most is moisture to prevent it from drying. Furniture polish is not recommended, it only creates a build-up of wax. If you own oiled wood finished furniture, a little olive oil should do the

trick. Nut or vegetable oils are not recommended as they tend to go rancid. (April 1979)

ELMERS GLUE - the most tolerable of the all-purpose glues. Hardware stores used to carry them, but now most shelves are filled with less desirable brands. (Spring 1987)

FILTERS- For those who already own filtering units, remember to place the activated carbon filter "upstream", or in front of, the alumina/potassium permanganate, otherwise, chlorinated hydrocarbons in the air may be oxidized to hydrochloric acid. This arrangement also increases the overall cleaning capability of the system and increases the effective life of the Purafill. (May 1984)

FIREPLACE - Don't burn color newsprint or magazines in your fireplace. Lead in the inks can seep into the room in dangerous levels. Remember wood carcinogens - use glass doors - no pressed logs which are full of petro-chemicals. (Fall 1987)

FLOWERS - For a long-lasting bouquet of flowers, keep them in a solution of 2 tbsp of vinegar and 3 tsp of sugar mixed with one quart of water. The vinegar slows deterioration and the sugar provides food. (May 1983)

FUTONS - Futons are a traditional Japanese-style mattress made with layers of cotton felting enclosed in unbleached cotton and hand tufted. About 6" thick. Futons made from "untreated material" (no fire retardants used) are available from Mr. Ron Farmer, the Dalai Lama's Bakery, 108 Queen St., PO Box 1105, Almonte, Ont. KOA 1AO. Tel. (613) 256-1833. [You can have them made without fire retardants if you have a doctor's certificate]

Also available are cotton pillows, buckwheat-hull pillows, printed colour covers, and quilts.

When buying stuffed cotton items remember to enquire about the stuffing. Generally, "natural" cotton used for upholstery has been chemically treated. Please verify with each purchase you make, as it may or may not be treated, according to the source. (August 1982)

GARBAGE PAIL - After washing an empty garbage pail with a solution of Borax and warm water, sprinkle a little dry borax in the bottom of the dry pail. (April 1979)

HEATERS - Diathermic oil electric radiators and electric hot water baseboard heating - heats quickly and retains heat. No exposed heating elements; low surface temperature. No fuel required; no open flames, no fumes or odours. Radiators roll easily on casters.

Oil Radiator - Woolco \$139.95

Oil Radiator - by Solaray - 400/600/1000 watts, adjustable thermostat. Has cord storage, casters and handle - \$109.95 - Canadian Tire.

Oil Radiator - WAIT (made in Italy) - 600/900/1500 watts. Can be placed anywhere in room. Has slight odour but can be removed by scrubbing with baking soda.

Intratherm Softheat -electric hot water baseboard heating. Available in permanent and 120V portable models. Must be placed on the cold walls of your room or under window. At Home Hardware Stores, approx. \$140. Also available from Hearth and Patio and Doit-ur-Self Electrical Mart.

HEATING SYSTEM - Your cooling or heating system should be cleaned regularly. The air passing through the duct system passes over germs, bacteria, dust and dirt trapped in these pipes. You therefore breathe dirty air which sometimes causes irritation to your nose and throat, and can be a source of allergy symptoms. BEWARE of companies that spray the duct work to trap dust. These chemicals are very toxic to the sensitive individual. Power Vac of Ottawa Co., 1941 Michigan St., Ottawa K1H 6Y1 (733-2364) advertises that they use ultra-modern equipment to clean all register boxes and pipes, the furnace including forced-air fan, fan chamber and heat exchanger, immediate area around furnace including air-conditioner, coils and plenum, if applicable; flue pipes and chimney are cleaned and safety-checked for leaks and proper draft. (February 1983)

INSULATION - FURNACES - Some furnaces (especially older ones) have fibreglass insulation. Some highly allergic people may be adversely affected by the microscopic particulates from this insulation being blown about through their heating system. If your furnace was approved to function with this fibre-glass insulation, the removal of such will also leave you without a valid claim for insurance purposes should you be so unfortunate as to have a fire. At the present time, according to NRC, there are no filters available to filter such small atoms. When looking for a new home, add this information to your checklist. (May 1983)

IRON - To remove the mineral build up on the iron plate. Place brown paper on the ironing board. Sprinkle with salt. Slide heated iron (steam setting) on salt, back and forth. Slide iron over double layer of paper (no salt) (Spring 1988)

MILDER PRODUCTS - Do use milder products for tough cleaning jobs and banish caustic chemicals from your kitchen. Baking soda and vinegar can be used for clogged drains or a plunger or plumber's snake. An all-purpose disinfectant like borax works on toilets. For toilet rings a paste of borax and lemon juice applied and scrubbed after 2 hours works well. (Fall 1987)

MIRRORS - To clean mirrors: Bon Ami cleanser has no chlorine and no odor (not the aerosol type the propellant might cause a problem). 1 tablespoon of vinegar diluted in 1 to 2 quarts of water. (April 1979)

MOTH-PROOFING - Just when I had put away my good woollens, wondering what to use instead of moth-proofing. I came upon the following suggestions in the book Companion Planting for Successful Gardening by Louise Riotte: Lavender used in a 2% emulsion spray for cotton pests, kills somewhere between 50% to 80% within a period of 24 hours. Lavender sachets are often put in woollen clothing to repel moths, while leaves scattered under woollen carpets are helpful for the same purpose. Mint is a repellant against clothes moths when used indoors.(June 1978)

MOTH-PROOFING - The following blended herbs apparently work as a very effective moth repellant:1/2 lb rosemary, 1/2 lb mint, 1/4 lb thyme, 2 tbsps cloves, 1/4 lb ginseng (optional). Put in cheesecloth bags.(April 1979)

MOULD AND AIR CONDITIONERS - a number of chemically sensitive people have installed air conditioners in their cars to avoid exhaust fumes and other pollutants. Please remember that air conditioners must be cleaned regularly as they become

contaminated with a common mould called "thermoactinomycetes Candidus". Some people have reported feeling ill and that wheezing began when driving in their air-conditioned car. The symptoms might not be immediate, with some puzzling symptoms occurring as much as five or six hours after riding in the car (Prevention Magazine, Sept 1982) (February 1983)

MULTIPLE STATE FILTRATION SYSTEM - from AllerMed, 631 J Place Plano, Texas 75074 (214) 422-4311.* This unit has a light metal cabinet (weighs about 20 pounds) containing four filters: a pre-filter called Micropre - 1920 sq. inch medium efficiency media, a Formaldepure, which is activated alumina impregnated with potassium permanganate, also know as Purafil and Carusorb; a carbomed (which is activated carbon) and a Micromed - 1920 sq inch HEPA (High Efficiency Particulate Air Filter).

Unit controls gases, vapors and particulates. Removes ozone and formaldehyde, contains no electronic plates, nor plastic. Requires no installation and features easily replaceable filters. These types of units are recommended by leading allergists and clinical ecologists.

- 1. A pre-filter is needed to remove fabric dusts and other coarse substances which would mat the surfaces of the other filtering agents in the system.
- 2. Activated carbon adsorbs gases with a high molecular weight. Activated carbons have only limited adsorption ability for organic compounds of low molecular weight such as formaldehyde, ethylene and ethane as well as inorganic gases such as hydrogen sulfide and carbon monoxide. (Ref. Common Sense for the Sensitive which lists some 300 contaminant vapours and activated charcoal's capacity to remove them). Special impregnated carbons may convert a gas to a harmless or adsorbable substance. Impregnated carbons are available commercially to eliminate such problems as mercury, formaldehyde, radon and hydrogen sulfide.
- 3. Purafill works well to remove low-molecular-weight gases which are adsorbed on its outer and inner surfaces and oxidized into a water film.
- 4. HEPA will capture particles produced by fragmentation of the adsorption media. Both activated carbon and purafill dusts are irritants. HEPA will remove bacteria, viruses, pollen, fungus, spores, dust, hair, dander and smoke. The HEPA was originally designed for the Atomic Energy Commission to provide a source of sterile dust-free air. (May 1984)

NATURAL FIBERS — Due to the petroleum crisis and its higher cost, the clothing industry turned towards natural fabrics, much to the benefit of chemically sensitive persons who must wear these for the betterment of their health. Before this crisis it was a horrendous job to find clothes made from natural materials. Fortunately, they are now easy to find. The Human Ecology Action League in the U.S. was formed some years before H.E.F. Some members started businesses around the requirement for specialty items and clothes.

The COTTON PLACE began operations as the Ecologist's Cotton Co-op in February 1976, in order to obtain cotton and natural fiber goods for chemically sensitive people. A membership fee of \$3 per calendar year entitles members to the catalogue and discounts. A copy of their brochure can be obtained from the Cotton Place, PO Box 59721, Dallas, Texas 75229, (214) 234-4149. All their linen goods are 100% cotton unless otherwise noted and contain no permanent finish or fire-proofing. They stock bedding and clothing items. While they shop carefully to avoid permanent finishes and fireproofing in fabrics, they do purchase goods from commercial manufacturers; therefore there are some contaminants. The following is a list of items which might be hard to find here and can be purchased from the Cotton Place.

Barrier Cloth - 100% cotton, woven approximately 280 to 300 threads per inch. It appears to make an effective barrier for many fumes and odors, dust and moulds. Mattress covers made of barrier cloth may allow some persons to better tolerate their mattresses.

Barrier cloth garment bag (for storing clothes)

Barrier cloth mattress cover with zipper closure

Crib mattress cover from barrier cloth.

Throw rugs - 100% cotton pile on cotton duck backing, no latex.

Telephone caps - white barrier cloth with encased elastic.

Other stores worth visiting for natural fibers are: Real Wool Shop 142 Franktown Rd. Carleton Place (613) 257-5778. This shop sells all-wool garments: skirts, trousers, blazers, jackets in pure wool women's and men's sweaters made of angora, cashmere, bulky knits, lambswool and shetland. Also carries Briggs and Little Yarn.

The Kettle Creek Canvas Co. Rideau Centre Ottawa (230-9450). They carry only cottons. They have sportswear, skirts, pants, jumpsuits, shorts, swamp coats, canvas bags, wallets. (May 1983)

For 63 years Eddie Bauer has specialized in warm clothing for the winter months. They sell goose down apparels, sleeping bags, recreational gear and clothing (coats, parkas, hats, gloves, etc.) footwear, underwear and outdoor equipment. Their stores are located at: 50 Bloor St.W. Toronto, 100 Toronto Dominion Square, Calgary, and 10250 - 101st St., Edmonton. For catalogue write Box 1230, Postal Stn T, Toronto M6B 4E8.(Nov 1983)

ODORS - Packets of activated charcoal will absorb odors in closets, basements, store rooms, etc. A dish of vinegar will absorb and clean the air of smoke odors. (April 1979)

PESTICIDES - It's a good idea to remove your shoes before entering your home. According to Dr. Rea, chemicals can be brought into your home on the bottom of your shoes if you have walked where herbicides and pesticides have been used. Avoid walking where lawn spraying takes place as entrance ways or walkways into your home could be contaminated. (Fall 1989)

PILLOWS - You can make your own cotton pillows by buying the white (unbleached) 100% cotton batting sold for quilts. I, personally, do not detect an odor from this material and I presume, most chemically sensitive persons can tolerate it also. Purchase a small amount and test for your own tolerance. It is sold at Woolco at \$5.29 for 78" x 100". Cover with 100% unbleached (washed) cotton. Do not buy the unbleached cotton from upholstery shops as many emit a chemical odor. (Reference Management of Complex Allergies by Natalie Golos). (May 1983)

PURAFILL— comes in 1/8" pellets, light purple in colour. These are composed of activated alumina impregnated with potassium permanganate. PURAFILL controls odours by first absorbing them and then by chemically destroying them through oxidation. The pellets gradually turn brown as they remove offensive gases from the air. Checking the colour after crushing indicates when they should be replaced. PURAFILL will react with and destroy almost all kinds of odours and odour mixtures, plus certain toxic gases which are odourless. It does not have the desorption problems of charcoal. Under certain conditions charcoal tends to release back into the air stream the odours which it had previously taken up.

Both charcoal and Purafill tend to have a mild odour of their own. Different people may react to one or the other. They should be tested to obtain the right combination

TOILET - Sprinkle 1/4 cup of Borax in toilet bowl, swish with toilet brush and let stand at least 30 minutes. If you let it stand overnight, it is even better. Toilet bowl brushes can benefit from an occasional Borax soak as well.(April 1979)

URINE ODOURS - Urine odors from mattresses may be neutralized by dampening the spot and sprinkling Borax over it. Rub the Borax into the areas and let dry. Brush or vacuum to remove the Borax. (April 1979)

VINEGAR - A solution of vinegar in water will also cut through a soap film and leave a shiny surface. Vinegar is also effective against mold.(April 1979)

VINEGAR - Vinegar can also be used to remove stubborn stains in toilet bowls but "elbow grease" is required. (April 1979)

WALLPAPER - To remove wallpaper soak with a mixture of equal parts of vinegar and water. The wallpaper will scrape off easily. (May 1983)

PAINTING HINTS

CAULKING - tolerable type of caulking CSL Silicone #343 which you can order from Webco Sealants, Guelph, Ontario at (519) 823-5960. Can be used on window and bathtubs. A less costly alternative is GH Caulking from D. Kemp Edwards, Ottawa (Spring 1987)

CRYSTAL AIRE - This is a latext sealing substance which can be put on many surfaces. It seals and therefore stops the outgassing of many materials. It is tacky in 20 minutes, dry in one hour and odourless in 24 hours. It should not be painted on by the sensitive person as it does have an odour when wet. You need 4 coats for a good seal. (May 1984)

CRYSTAL AIRE - To finish furniture, wooden floors, trims, etc. Crystal Aire or Right On dries fast and is acceptable to most chemically-sensitive in 2 to 4 days. It is now available in colours. It effectively seals formaldehyde from particle board and plywood furniture. Several coats have to be applied to seal off any gassing out. It is unsuitable where moisture is likely to be high. Window trims and moist areas coated with Crystal Aire start to peel off in a short time. Direct sunlight and moisture are adverse combinations. CRYSTAL AIRE - made by Pace Industries Inc., 710 Woodlawn Drie, Thousand Oaks, California 91360, (805) 496-6224, \$30 U.S./gallon and \$16/gallon. In Canada order from Wim de Groot, 1107 Highgate Place, Mississauga, (416) 625-5415. (Fall 1987)

FLOORING PRECAUTIONS - When buying wood flooring, untreated with formaldehyde, make sure the wood is not treated with as equally unsafe products. Certain woods are treated with mineral spirits and petroleum. Railway ties should not be treated with creosote, a suspected carcinogen, but with linseed oil.(April 1985)

NON-TOXIC PAINTS - LIVOS (New Mexico) - non-toxic paints made of natural ingredients. Their enamel paint is a far cry from the strong, nauseating odour of regular enamel paints. Distinctively smelling of citrus, it is pleasant to apply and some may not need a mask. A sensitive individual should relegate this job to a stronger individual. Lemon odour dissipates very slowly. Best to paint in the summer. The primer recommended with the product had no trace of odour after a few days. An oil finish called KALDET is water-resistant and can be used for interior and exterior woodwork. Good finishing.

LIVOS Plant Chemistry

614 Aqua Fria Street

Sante Fe, New Mexico, USA 87501 (Fall 1987)

NON-TOXIC PAINTS - LIVOS carries oil paints, water-based paints, stains, thinners, waxes, shoe polish and children's art supplies. All made from natural plant products. Their products are described as non-toxic. Send for your own catalogue by writing to LIVOS, 614 Aqua Fria, Sante Fe, New Mexico 87501. (Spring 1987)

PAINT SMELLS - In order to cut down paint odor, add 2 ounces of baking soda per gallon of paint, when paint is being mixed. (September 1977)

PAINT SMELLS - Put one pound of baking soda in one gallon of latex paint and leave for 24 hours. Paint will be safe -- that is, odourless. (February 1983)

PAINT BRUSH CLEANER - Clean Paint from encrusted brushes by simmering the brush section in full-strength vinegar until paint softens. Remove all old paint with a wire brush or comb. (December 1981)

PAINT SMELLS - Paint smells won't linger if you put an ample handful of hay into a bucket of water, leaving this overnight in the painted room. Urbanites will probably achieve the same result by leaving a large bowl of water in the room overnight. (December 1981)

SEALING CHIPBOARD - A mixture of white glue and water, diluted to the consistency of paint can be applied to chipboard which is over 3 years old to prevent the formaldehyde used in the production of the chipboard from outgassing (Summer 1988)

WHEN TO PAINT - Any painting, caulking, etc., are best done in the summer months when rooms can be aired out. Allow sufficient time for gassing off before cold weather sets in. (Summer 1987)

LAUNDRY HINTS

CATSUP STAINS - best removed by scraping off any excess, then soaking stained fabric in cold water for 30 minutes. Pre-treat spots with detergent and launder as usual. (Citizen, March 30, 1981) (MAY 1983)

DEODORANT STAINS - 3% hydrogen peroxide will remove deodorant stains on T-shirts that do not respond to soap or detergent. (April 1979)

DEODORANT AND ANTI-PERSPIRANT STAINS - are best removed by sponging the area with white vinegar. If the stain remains, soak with denatured alcohol (methyl hydrate). Rinse thoroughly and launder.(MAY 1983)

GRASS STAINS - rub liquid detergent into grass stains, then launder using safe bleach to get a like-new look in clothing. On wool, sponge the stain with rubbing alcohol; use one part alcohol to two parts water on acetate and colored fabrics. (May 1983)

HOW TO DESMELL YOUR CLOTHES - soak clothes in baking soda (not washing soda which is perfumed) for half a day or longer. (Sept 1986)

LAUNDRY - Washing soda (Arm & Hammer) can be used for the laundry but do verify your washing machine's guarantee. In the past few years certain makes will not honor their guarantee if washing soda is used. After using washing soda for a while you will notice a white deposit inside your machine; I presume there could be a build-up over the years which could cause problems. (April 1979)

LAUNDRY - For laundry, add 1 cup of Borax in top-loading automatic and wringer machines (1/2 cup in front-loading washers) with tolerated soap or detergent. Borax is a natural bleach. (April 1979)

LINT - To keep lint from clinging to dark colours in the wash, add 1/2 cup of vinegar to the final rinse cycle. (December 1981)
[Do not pour vinegar directly on clothes as it may spot the clothes]

MILDEW SPOTS - should be treated as soon as possible, since the mold may grow and damage fabric. Pretreat the spot with tolerated detergent and launder. If the stain remains, sponge with hydrogen peroxide. Launder, using a bleach safe for the product and for you (borax).

STATIC CLING - To reduce static cling in your clothes dryer, put a few tablespoons of vinegar on a cloth with your load. Works well with polyester but is not as effective with acrylic. (December 1981)

TOLERABLE DETERGENTS - selection should be made based on individual tolerance. Heavenly Horsetail, Amway SA-8, Shaklee Basic H and Nature Clean are among the products tolerated by sensitive members.

- some can tolerate Ivory Snow. It is not a heavy duty detergent, but one can add some borax, a cleaning booster that does not impart any smell.

- the use of baking soda added to the wash before the final rinse can get rid of residual detergent odours. Choose the least odorous detergent you can find, use as little detergent and still get the wash clean and add at least twice as much baking soda as the amount of detergent. (Baking soda can be ordered in bulk from health food stores).(Sept 1986)

VINEGAR - Using 1/2 cup of vinegar in rinse water will neutralize the odor of cleaning agent. Some white distilled vinegars contain petroleum products. This can cause trouble in soaking clothes. To be safe use cider vinegar. (April 1979)

PERSONAL CARE

ACNE - An easy and helpful remedy for acne is to make a parsley tea and to wash the affected area twice a day. You should see some improvement in about a week. Heard on the Jacques Berol radio show. (May 1984)

ACNE - According to Paula Begoun, who appeared on PM Magazine, April 6, 1983, most preparations for acne, blemishes and blackheads actually worsen the problem. She recommends first to be very gentle with your facial skin, avoiding abrasive preparations and face towels. Use the fingers to massage problem areas with the following mixture: make a paste from baking soda and water, massage the blemishes, and follow with pure 3% hydrogen peroxide which acts as an astringent. This will also bleach blackheads so they will be less noticeable. Apply a thin layer of Philips Milk of Magnesia under make-up to absorb the oil on your skin. (May 1983)

ACNE - If tetracycline is prescribed for acne, the Squibb preparation mysteclin F should be used since it contains the anti-candida drug amphotericin B in combination with tetracycline. (ref. Yeast Connection) (May 1984)

ALOE VERA - Aloe Vera plants contain a clear gel-like substance inside their pointed spiny leaves (cacti). It has been proven most effective in healing the skin of burn victims without traces of scars. Apparently it doesn't matter whether the burns are severe or whether they are caused by boiling water, sunburn or other exposures. It's a good idea to keep one in your house.

Since one must be exposed to a substance at least once before developing an allergic reaction, it is recommended that you test the gel on your skin a few times. Don't wait until you burn or scald yourself to try it and then find that you have aggravated the problem by adding a substance to which you are sensitive. Apparently few people react to Aloe Vera, but there is always that infinitesimal percentage of people who will. These plants can be bought at florist shops and sometimes at supermarkets. Local health food stores carry books on Aloe Vera as well as a variety of skin care products containing this substance. (March 1982)

FIRST AID SUPPLIES - Some products which may be less troublesome to chemically sensitive individuals together with their uses.

rashes and itching - milk of magnesia

burns - aloe vera

wounds - hydrogen peroxide solution

sprains - ice pack wrapped in a towel

sunburn - aloe vera

cuts - Vit E liquid or Vit A oil

bites and stings - paste of baking soda and water or apple cider

vinegar.

(From Book VI Chemical Sensitivities by Joy Underwood) (June 1985)

SOAP - Some members tell us that after trying umpteen different types of soaps, all of them causing itchiness, they finally found that Basic H by Shaklee in their bath water did the trick. A plus is that you get "no ring" around the tub. (Sept 1984)

SUN PROTECTION - Need sun protection but can't tolerate commercial products. Ottawa Chemists will make up a PABA cream using Dermabase, an unscented and relatively tolerated cream. (It does have a slightly chemical smell) (Summer 1988)

VAGINAL CANDIDA - Women with vaginal candida might want to try this natural remedy suggested at a Herbology class attended by one of our members. Place sterilized clay (this can be bought at some health food stores) on a sanitary napkin - it apparently draws the candida out. (May 1984)

FOOD HINTS

BETTER BUTTER - Add 1 cup good cold-pressed safflower oil to 1 lb sweet butter and you have a spreadable essential fatty acid-rich, longer-lasting butter supply. It can be "herbed" for extra zip -store in yogurt tubs. (Spring 1988)

BROWN RICE - If tolerated, brown rice can be as helpful as oat bran in the lowering of cholesterol. (Fall 1989)

BUTTER - of several brands, the unsalted "Savourin" from the Coop Fdre de Quebec was found most tolerated. (Spring 1987)

CELLOPHANE - cellophane for freezing is preferred over plastic. Can be purchased from:

J.T. French Paper Ltd.

P.O.Box 372

107 McNabb St. North

Hamilton, Ontario L8X 3C8

(416) 527-1650

OY

Boudreault Packaging Ltd.

49 Adrian Robert

Hull, Quebec

(777-1603)

(April 1986)

EGG-FREE - Some loaf or bread-type mixes call for an egg but make up well without one being added.

Some recipes call for only one or two eggs and quite large quantities of baking powder (2 tsps) or baking soda(1 1/2 tsp). This type of recipe could be tried without eggs as the relatively large amounts of baking powder and/or baking soda help make up for the volume that would have been produced by the eggs.

If you bake a cake without eggs, you might find the flavour change can be covered by increasing some of the flavour ingredients such as raisins or spices.

When making an eggless cake, beat it more in between each mixture addition. Once the beating is complete, handle it very gently and as little as possible. Bake it immediately upon completion to prevent the escape of air.

Pitted dates are often coated with egg yolk.

Floured cookie sheets help to keep cookies from spreading and losing their shape. This is most helpful when using eggless recipes. Grease cookie sheet and lightly dust with flour.(April 1980)

[1/2 tsp. unbuffered vitamin C powder & 2 tsp. baking soda can be used instead of egg in some recipes]

FLOUR EQUIVALENTS -

1 cup wheat flour = 1 1/4 cups barley flour

1 cup wheat flour = 1 cup tapioca flour (March 1981)

FLOURS - Whole grain flours contain high amounts of valuable oils and because they contain the germ portion of the grain, will go rancid faster. Store in the refrigerator or freezer. Cornmeal is also high in oil content and should be treated the same way. Remember when baking to bring your flours out of the refrigerator ahead of time so the flours are at room temperature when ready to bake. Otherwise warm your flours in the oven at very low temperatures for 15 or 20 minutes, stirring occasionally. (October 1978)

FREEZING — If you want to add something to preserve the taste and appearance when freezing fruit, use honey. While sugar adds no nutritional value, uncooked and unfiltered honey contains important vitamins, minerals and enzymes that do add food value to frozen fruit. But remember honey contains pollen, so if you have an allergy to pollen, it is not recommended. Most information will also recommend ascorbic acid to prevent discoloration. From a health standpoint, a natural source of ascorbic acid is more desirable than a synthetic one. The juice of one or two lemons or limes added to two quart syrup mixture or water will retard browning. If you can't tolerate the lemon family, try powdered or liquid rosehip concentrates, added in solution. If you can only tolerate the ascorbic acid crystals, use it sparingly, as it has a bitter taste.(Summer 1977)

FRUITS AND VEGETABLES - Do rinse fruits and vegetables in a basin in a solution of water and 1/4 c. vinegar before brushing or peeling to remove lingering pesticides. (Note: this will not remove pesticides in the bulk of the produce). (Fall 1987)

GELATIN - Use gelatin as a binder in breads. It works well in rice flour recipes. Soften the gelatin in half the water that the recipe calls for, then heat it just enough to dissolve the gelatin. Then add the gelatin mixture to the rest of the liquid and finish the recipe. (Can also be used in meatloaves).(April 1980)

GLUTEN-FREE FLOUR MIX - Thoroughly blend:

2 cups wheat starch

3/4 cup potato flour

3/4 cup corn flour

1/4 cup soya flour

1 cup rice flour

6 tbsps. arrowroot flour

6 tbsps. tapioca flour

Use this in any recipe calling for all-purpose flour except bread, gingerbread, doughnuts, fritters or shortbread, unless you have a specific gluten-free recipe. Flour combinations require at least 5 or 6 siftings and long, slower baking. Cakes which have been made with substitutes are very delicate. For easier removal, grease pan, line with waxed paper, grease and flour the waxed paper with allowed substitutes for the grease and flour. (From the Allergy Information Association, 25 Poynter Dr. Weston, Ontario. M9R 1L1)(April 1980)

HORSERADISH - If you avoid it because of the vinegar, either grow it or buy it at the market, cut it up in quite small pieces (in the sun or slow oven). When completely dry, pulverize it in a coffee bean grinder and store it in a tightly closed jar in a dry place. When needed, prepare only quantity required by mixing with water, milk or lemon juice to a thick consistency, cover and let stand 10 minutes. (April 1985)

LACTASE DEFICIENCY OR LACTAID - People who cannot tolerate milk products may be either allergic to the protein in the milk or have a deficiency of lactase, the enzyme necessary to break down the major sugar in milk (lactose) into two simple sugars - glucose and galactose. Our bodies produce the most lactase when we are born and lactase activity stays high during infancy when milk is a major source of nutrition. Some people however, stop producing lactase as they get older. (the change is inherited - that is, genetically controlled)

Without lactase the lactose in milk passes through the body. The unabsorbed lactose attracts fluid through the intestinal walls, causing bloating, cramps and diarrhea. When undigested lactose enters the colon it is fermented into acids that interfere with the body's ability to absorb water in the colon. The fermentation also produces carbon dioxide, which causes flatulence. Lactose intolerance is frequently unrecognized despite its easy diagnosis and treatment.

The most accurate and easiest test used to diagnose a lactose intolerance is the "breath hydrogen analysis". This test is based on the fact that if a large amount of undigested lactose passes into the large intestine, bacteria there begin producing large amounts of hydrogen. This hydrogen shows up in the breath, perhaps about an hour after the patient is given loads of lactose for the test. Lactose intolerance also can be detected when blood glucose levels fail to rise after a dose of lactose. Since this test involves blood samples over a period of several hours and most people aren't keen on needles, the breath hydrogen test is becoming very widely used.

Lactaid can be bought in pill form, powder or liquid. It contains lactase enzyme and predigests most of milk's lactose. Directions are on products. If you are severely lactose intolerant, though, you may need to reduce the lactose by more than 70%. You therefore have to double the amount of Lactaid; i.e. use 8 to 10 drops of Lactaid per quart and the lactose will be reduced by more than 90% in 24 hours. You can convert the lactose in two hours, if in a hurry, by adding the LactAid and then warming the milk to 90 F (33 C), no higher. Use the milk promptly since warm milk spoils rapidly. Lactaid treated milk will spoil more easily than regular milk. This is because bacteria, as well as humans, find it an easier food to live on. Therefore, always use absolutely clean utensils when mixing and always promptly refrigerate milk after treatment. Yoghurt, buttermilk, cottage cheese(uncreamed), ricotta and English cheddars, brick, Brie, Camembert, Edam, Gouda, Limburger, Provolone and Stilton, have low amounts of lactose. The lactose in butter has already been broken down into simpler forms during the buttermaking process. Ice cream and sour cream should be avoided because they are high in lactose. (Information was derived from Organic Gardening(June 1982), Allergy Information Association, LactAid direction pamphlet, Prevention magazine (May 1982) (August 1982)

LEMONS AND LIMES - Talking about lemons and limes, a good way to have a supply of these juices on hand, is to buy a good supply, especially when on sale, squeeze them leaving the pulp, so you get the bio-flavonoids and measure by tablespoon and freeze in your ice cube containers. When frozen, place in wide-mouth jar, cubes can easily be pried out with a knife. It's great also when the kids want lemonade, instead of reaching for the pouch of synthetic orange crystals, just pry out a cube, pour water, maybe add a small amount of honey, real refreshing. Also for the kids, especially the ones sensitive to food colour, make your own popsicles with whatever juice they like or can tolerate. If you add a small amount of gelatin to the juice, it keeps the popsicles from melting too fast. If you can't tolerate gelatin, try Agar-Agar from health food stores. Agar-Agar is the natural seaweed gelatin of the Orient. Don't be fooled by the price, which is more than twice that of gelatin. Agar-Agar is more

concentrated and one tablespoon will set one quart of liquid, gelatin sets one pint. Remember you're making popsicles, not a gelatin mould, so use half the amount of gelatin powder for your popsicles. (Summer 1977)

MEAT - If you cannot buy in bulk from reliable sources, at least find a local butcher who will wrap your meat in paper. When ordering meat in bulk, find out if the butcher can quick-freeze it. If it freezes quickly, we feel that it may be all right to have it wrapped with the paraffin side touching the meat. Most papers can't be sealed very tightly and are permeable to air and odours, so double wrap or place the wrapped food in a freezer bag.

Glass is an excellent storage material and the least likely to migrate into foods. You can freeze in glass as long as you leave approximately 1/2" head space between the food and the top of the lid to prevent breakage from expansion. Use wide-mouthed containers for easy removal of food. (Straight-sided jars such as those containing peanut butter work well)

Cellophane bags are excellent but must be handled carefully as they are fragile. They are not freezer-proof; therefore, place your food in these bags and then place inside a plastic freezer bag. Your food will not have direct contact with the plastic bag. Paper is not always moisture-proof, but improves when combined with other materials like paraffin. Paraffin (wax) is a petroleum product and can create problems for chemically sensitive people. (October 1978)

MILK-FREE - If a small amount of milk is called for, try an equal amount of water or fruit juice, meat or vegetable stock, potato water, or water plus 1 1/2 teaspoons oil, per cup of liquid.

So-called milk substitutes often contain sodium caseinate which is often the allergic factor of milk. (From the Allergy Information Association) (April 1980)

MILKS - (suggestions for replacements for milk on cereals, not as a direct
substitute for milk in recipes)

Sesame Milk:

Grind one cup of unhulled sesame seeds and blend with 1 3/8 cups of water. Sweeten to taste with honey or maple syrup. This milk will not sour but should be drunk shortly after making to obtain the full benefit.

Almond Milk:

Finely chop an ounce of almonds (approx. 15 whole almonds), put in a jar with 3/4 cup water overnight. Put through blender, add 2 cups water (or less according to taste), strain and refrigerate. Store in refrigerator.

Banana Milk:

Mix 1 large banana with 1 pint water (or less), add 1 tbsp. sweetener. If you wish you can add 2 tbsp. soya powder and powdered vanilla bean.(June 1978)

MILLET - For those who can't tolerate wheat, have you tried millet. it is a grain but rarely used in Canadian diets, maybe you could tolerate it once in a while. Millet is one of the most completely balanced grains, high in protein of good biological quality, minerals and vitamins, and does not have a fattening effect. Unlike most cereal grains, it is non-acid forming, being predominately an alkaline food. It is easily digested, which makes it an ideal food for adults and growing children. (Summer 1977)

MOLDS - Don't eat tainted food even if you trim off the visible mold. The toxins that its growth produces can penetrate deep into the food. (Fall 1987)

NUT MILKS - If you can't tolerate milk, but can tolerate the occasional bowl of porridge, millet or buckwheat, and would like to pour something resembling milk on the cereal, try almond milk. Weigh an ounce of sliced almonds, or finely chop, approximately fifteen whole almonds, put in a jar with 3/4 cup water overnight. Put through blender, add 2 cups water, strain and refrigerate. Almond and walnut milks have long been know to Europe's peasants and our own Indians used hickory nuts and pecans. They are as perishable as cow's milk and should be stored in the same way. One might also experiment and try the same with coconut. (Summer 1977)

ORGANIC — Organic or clean foods mean that the land where the vegetables or grains are grown is free of pesticides, herbicides, fungicides and chemical fertilizers. Chemical additives or preservatives have not been added. Organic meats are derived from animals which were grazed on pesticide—free land, not fed the usual feed which often contains antibiotics, not given growth hormones, and as the law requires, should not have any trace of antibiotics when sold for consumption. (March 1982)

PLASTICS - Chemically susceptible individuals should not consume foods or fluids which are stored in plastic, particularly the soft variety. Some polyethelene freezer bags, and hard plastics of the styrene variety may be tolerated by some people. It is important to use suitable containers for cooking and food storage which will not contribute more chemical additives to our diet.(January 1985)

RICE NOODLE - For those unable to eat wheat, a rice noodle product packaged in cellophane and then plastic. The product name is Rice Stick, 14 Oz. new weight, price per package \$.79, available at Wa Kiu Foods Inc., 713 Somerset St., Ottawa (Fall 1989)

SALT - Iodized salt has sodium aluminosilicate to make it run. An unneeded source of aluminum. The best salt we have found is ORSA Mineral salt from Walnut Acres. It's mined, not processed, contains no chemical additives and has trace minerals. Rainbow Foods (Spring 1987)

SEEDS AND NUTS - Seeds and nuts are high in oil and should also be stored in the refrigerator or freezer in order to prevent rancidity. Remember also that many vitamins are destroyed by heat, light and exposure to air. The higher the temperature in the storage area, the faster food will spoil, so don't store foods above the stove or under the sink. (October 1978)

SPECIALTY SHOPS - For fun, experience and a morale booster, visit specialty shops, such as Chinese, Indian, Italian, etc. (check yellow pages of your phone book for locations). Read labels and find that there are products made from foods not normally found in our everyday diets. Experiment, try them out and add to your otherwise limited diet, and do let us know what you found and where!

Rice vermicelli can be purchased at Chinese stores. Papad - tasty Indian curry biscuits - made from pulses flour, salt, edible oil, pepper, sodium bicarbonate and spices. (Pulses - leguminous plants or their seeds, as beans, peas, etc)(February 1978)

STAINLESS STEEL MUFFIN PANS - You can find good quality baking pans without coating, not Teflon, from Domestica 320 Queen St.* Up to now, these have been hard to find. Although you might see stainless steelware, some have a light yellow coloured rust resistant glazing. (Spring 1987)

SUBSTITUTES - Goat's milk can be substituted for cow's milk cup for cup or nut or soy milks on a 1:1 basis.

Substitute for whipped cream in baking: add one teaspoon of lemon juice to a 13-ounce can of evaporated (skimmed) milk. Chill 10-12 hours and whip vigorously to incorporate air.

You can substitute yogurt, buttermilk or sour milk for regular milk, but add 1/2 teaspoon baking soda per cup to counteract the acidity of the sour ingredients.

Goat's milk varieties of cheese: Banon, Cabecou, Chabicou, St. Marcellin, Feta. Genuine Roquefort is made from sheep's milk.

You can replace the leavening power of one egg with four tablespoons of almond butter and two tablespoons lemon juice, or with one teaspoon of baking powder. If an egg is to serve as a binder, substitute 1/2 cup nut butter or a paste made of 1/4 cup of flour and 1/2 cup water per egg. [Another egg substitute is 1/2 tsp unbuffered Vitamin C powder & 2 tsp. baking soda]

Substitutes for sugar are date sugar, honey, unrefined sugar cane syrup, carob syrup or molasses. [Also, sucanat (unrefined sugar cane)]

If replacing 1/2 cup or less of sugar with an equal amount of honey, don't adjust the liquid in the recipe. When substituting for more than 1/2 cup of sweetening, allow 1/4 cup less liquid per cup of replacement honey. In baking with honey, reduce the oven temperature 25 F and extend baking time 5-15 minutes to minimize the burning that results when you decrease the volume of the product by substituting a liquid sweetener. Substitute one cup date sugar, 1 1/4 cups maple sugar (reduce liquid in the recipe by 1/2 cup) or one cup corn syrup (reduce liquid by 1/3) for one cup white sugar.

1 1/2 cups maple sugar = 1 cup white sugar

3/4 cup of honey =

2 cups corn syrup=

2 cups date sugar= "

1 1/2 cups molasses=

To can fruit add a light syrup of one part honey to three parts water.

One cup butter can be replaced with 7/8 cup oil and 1/2 tsp. salt.

Corn germ oil is good for pastry but not for eggless cookies. Use sesame or corn germ oil in baking. Sesame or olive oil is better for cooking.

Two teaspoons of baking powder can be substituted for each 1/2 to one teaspoon baking soda.

If you are not allergic to moulds you can use vitamin-rich yeast or sourdough for leavening agents instead of chemicals. Corn breads, muffins, waffles and pancakes can be made this way by substituting 1/3 tbsp yeast, 1/2 cup warm water and 1 tbsp honey for every two tsps. baking powder in the original recipe. Allow mixture to rest five minutes and then add the remaining ingredients, but decrease the liquid by 1/2 cup. When revising recipes, add an extra egg for every two cups of wheat flour you replace to compensate for the thickening and coagulating quality of the gluten in that grain. Soy flour works best in combination with other flours because of its strong nutty flavor. Tastes best with carob, spices, nuts and fruits.

Rice flour can be improved by substituting 1/2 potato flour and 1/2 rice flour for one cup of wheat.

Lecithin is a natural emulsifier. The granular form of lecithin can be used when replacing solid fats with vegetable oils at the rate of 1 teaspoon per 1/2 cup of oil. Use plain gelatin and unsweetened fruit juices or agar (1 tablespoon granulated or 2 tablespoons flakes per 3 1/2 cups liquid) instead of commercial gelatin dessert mix. Substitute carob 1:1 for cocoa, or 3 tablespoons carob and 2 tablespoons liquid as substitute for each ounce square of chocolate.

[Lemon juice - 1/4 tsp. unbuffered Vitamine C crystals = 1 tbsp. lemon juice.]

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1 cup white sugar
                          1 1/2 cups maple syrup
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3/4 cup honey

1 1/2 cups molasses 2 cups corn syrup 1 1/2 cups carob syrup

1 cup butter 7/8 cup oil + 1/2 tsp salt (optional) + 2 tsps. lecithin

Leavening agents

1/2 tsp baking soda 2 tsps homemade baking powder

4 egg whites

2 eggs 4 tbsps. almond butter + 2 tbsps lemon juice

1 egg

2 pkgs. dry yeast 1 oz. compressed yeast

1 cup wheat flour 1 cup corn flour 3/4 cup coarse cornmeal 1 cup fine cornmeal

5/8 cup potato starch flour

7/8 cup rice flour 1 cup rye meal 1 1/4 cups rye flour 1 1/3 cups ground oats

1/2 cup rye + 1/2 cup potato flour 2/3 cup rye + 1/3 cup potato flour 5/8 cup rice + 1/3 cup rye flour

1 cup soy + 1/4 cup potato starch flour

1 1/4 cup barley flour 1 cup tapioca flour

Thickening agents

1 tbsp. wheat flour 1/2 tbsp. cornstarch

1/2 tbsp. potato starch flour

1/2 tbsp. rice flour

1/2 tbsp. arrowroot starch 2 tsps. quick-cooking tapioca

1 tbsp barley flour 1 tbsp oatmeal flour

1/2 tbsp. sago (like tapioca)

Miscellaneous

1 cup cocoa 1 cup carob

1 oz. square of chocolate 3 tbsps. carob + 2 tbsps. liquid

2 tbsps. granulated agar 1 tbsp. gelatin

1 egg as binder

1/4 - 1/2 cup nut butter

1/4 cup soy flour and 1/2 cup water

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SUBSTITUTIONS -

Egg Replacer

- 1. Soak 1/2 lb. apricots in 2 cups water overnight. Next morning beat or blend them (add water if needed). Strain and store in refrigerator. Each time your recipe calls for beaten eggs take a generous tbsp. of this and blend into your batter.
- 2. To 3 cups of cold water add 1 cup ground flaxseed. Bring to a boil, stirring constantly. Boil for 3 minutes. Cool. Place in refrigerator in a closed jar. For each egg called for in your recipes, substitute 1 tbsp. of the above mixture.
- 3. 2 tbsp.flour, plus 1/2 tsp. shortening, plus 1/2 tsp baking powder, plus 2 tbsp. liquid.
- 4. Substitute for 1 egg: 2 tbsp. water plus 1/2 tsp. baking powder. This does especially well in cookie or cake recipes calling for only 1 egg.
- [5. 1 egg = 1/2 tsp. unbuffered vitamin C crystals & 2 tsp. baking soda.]

Baking Powder (wheat-free and corn-free)

- 1. 1/2 lb. rice four or potato starch flour
 - 1/2 lb. cream of tartar
 - 5 oz. sodium bicarbonate
 - 1 oz. potash or 1 oz. tartaric acid
- Sift several times and store in closed container.
- 2. 1 part potassium bicarbonate
 - 2 parts cream of tartar
 - 2 parts arrowroot powder

(Recipe courtesy of Rainbow Natural Foods)

- 3. For every cup of flour: 2tsp cream of tartar, 1 tsp soda, 1/2 tsp salt.
- 4. A leavening agent free from cornstarch and egg white: 1 1/8 tsp. cream of tartar and 1/2 tsp baking soda. Equivalent to 1 tsp of baking powder. Must be mixed as needed.(June 1978)

WATER HINTS

SPRING WATER - Spring Water can be purchased at supermarkets, health food stores, Silverspring Farm, and from various water distributors listed in the yellow pages of the telephone book. A lot of distributors have switched from glass containers to plastic pouches for quicker and easier handling. Glass containers were, by law, sterilized with an antibacterial agent, to which some highly-sensitive people reacted. If you think you are not tolerating the water due to the plastic container you may wish to buy or rent the 5-gallon glass units seen in some offices. Some bottled waters sold in supermarkets do not meet the required bacteria standards of tap water, as reported by CBC's Market Place (newsletter No. 9). Please note that many water purifying units and water distillers are not satisfactory.

Following is a reprint (in part) from our referenced newsletter on the topic of distillers: "Mr. C.M. Nickel, President of Health Ecology System Co., Clovis, New Mexico, researched the subject of water ecology in order to prepare a monograph for a book in preparation. He states the following: "on the basis of the Charles Law of gases and the Kinetic Molecular Theory of gases, distilled water is not pure, but is polluted by whatever gaseous chemicals are present in the original waterstock which was loaded into the still.

When still-stock is heated, water has the characteristic of becoming a vapour. The other gases such as dissolved nitrogen, free hydrogen, free oxygen and chlorine, also evaporate during the heating process of the still-stock. It is also true that some of the organic gaseous chemicals evaporate, based on the Kinetic Molecular Theory. All these vapours travel through piping to the condenser of the distilling system. When the water vapour resumes it original liquid form in the condenser, it locks in the water-soluble gases and produces not pure water but a solution that has been only partially cleaned up. This may be the reason why some hypersensitive persons react even to triple-distilled water.

It has been established that chlorine will evaporate into the atmosphere from ordinary tap water when it is boiled in an uncovered vessel. This principle should apply to the other water-soluble gases. It would seem, therefore proper for a hypersensitive individual to boil the distilled water for at least 20 minutes to achieve maximum elimination of water-soluble gases and gain additional protection against the pollutants. This suggestion is purely theoretical but appears worth testing."

A letter to HEF from the Ontario Ministry of Environment, Oct 23, 1978, stated "if one were particularly concerned about volatile haloforms which may be in the water as a result of chlorination there would be a tendency toward concentrating them by distilling the water."

"People who own box-type distillers or closed systems (in which tap water is not continuously fed) should reject the first effluents containing more volatile impurities and retain the middle fractions. The distillation chamber should be periodically cleaned to remove non-volatile residues."

Available now on the market is a new type of water distiller, using a new process called "fractional distilling". "Fractional distillers are more effective in removing halogenated impurities (like chloroform) than simple distillation equipment."

In Ottawa, fractional water distillers are available from Preservation Technology, 403 - 396 Cooper St., K2P 2H7. 236-3484. Their models yield 2 1/2 gallons or 5 gallons

of distilled water in 12 hours operation. The 2 1/2 gallon model is especially

designed for people who may not need a high volume of new water. Activated Charcoal Water Purifying Units.

Some time last year the Ottawa Citizen carried an article on the possibility that the Dept. of Health and Welfare would ban the use of activated charcoal water purifying units due to a high bacterial growth on the filters.

We wrote to the Health Protection Branch of that Department for further information. Information Letter #601, 14 May 1981, to Manufacturers and Distributors of Water Treatment Devices on point-of-use water treatment devices, stated:

"The Health Protection Branch has been involved in the testing of point-of-use water treatment devices for over three years. In that time we have investigated the efficacy and potential micro-biological problems of many devices, including those containing activated carbon to remove taste and odours and specific substances.

In the course of testing the devices we have determined that a potential health hazard can arise due to bacterial growth on the carbon bed on the filters. Consequently, in order to eliminate this potential health hazard, I propose to recommend that steps be taken under the authority of the Hazardous Products Act to prohibit the sale of "point-of use devices that are used in the household for the treatment of potable water and that contain activated carbon, granular activated carbon, or charcoal, not including those devices that disinfect water after it passes through the carbon bed". For these purposes, the bacteriostatic action of silver is not considered to be disinfection".

A 14-page report was included, entitled "The Hazards of Using Point-of-Use Water Treatment Devices Employing Activated Carbon", dated December 1980. states: "in addition to the microbiological problems, studies of chemical removal have shown that the devices often give unsatisfactory removal of trihalomethanes, total organic carbon (purgeable and non-purgeable) and total available chlorine. The limited efficacy coupled with the problem that the consumer has no means whereby he can determine whether the filter's effective lifetime has been exceeded, indicate that these devices are not particularly useful nor desirable in the home." The concluding paragraph states: "A Review of the scientific literature has shown that bacteria, including bacteria pathogenic for mean, proliferate on activated carbon filters that have been in use for several days or weeks. These pathogenic organisms have been implicated in serious illness and death of susceptible individuals, including newborn, immunologically-deficient individuals, and burn and surgery patients. Otherwise healthy individuals may be susceptible to ear or upper respiratory tract infections. A petition made to the Product Safety Commission in the United States that proposed to ban carbon-only filters was denied. According to documentation received from this hearing, the sole basis for the denial of the petition was that 'present data do not support the contention that there is a bacterial build-up on the filter'. additional data reviewed here clearly establish such a build-up of bacteria. evidence is considered to be adequate documentation of a significant health risk to humans by use of these devices on municipally-treated water. The opportunity for misuse of these devices by treating raw water further increases the risk. Activated carbon filters should not be used for the treatment of potable water unless adequate disinfection of the water after filtration is carried out prior to consuming the water."

Other information included from the Health Protection Branch:

- A 5-page pamphlet entitled "Effects of Activated Carbon and Bacteriostatic Filters on Microbiological Quality of Drinking Water", by R.S. Tobin, D.K. Smith and J.A. Lindsay.
- A 139-page book from Health & Welfare entitled "Survey and Test Protocols for point-of-use Water Purifiers".

This book covers the following means of purification: chlorine, iodine, ozone, ultraviolet water purifiers, silver, bacteriostatic filters (silver/activated carbon), distillation type water purifiers, reverse osmosis, ultrafiltration units, activated carbon filtration units, organic removal, trace metals, asbestos fibre removal. Many filtration units use silver. The section of this book which deals with trace minerals (pp 102 and 103) warns of possible side effects:

"The role of silver in these units is considered to be the inhibition of growth of microorganisms on the filter support. Certain of these bacteriostatic type units significantly increase the silver concentration of the treated water. Silver is not considered highly toxic. Argyria, the pigmentation problem, is the major known health concern, although some physiological effects have been reported in test animals receiving higher concentrations (>400 ug/1). By increasing the silver concentration in drinking water one is introducing a hitherto unknown factor, i.e. the effect on humans of chronic intake of low concentrations of ionic silver. In the light of the considered accumulative and irreversible nature of silver adsorption and the potential of increased silver concentrations in treated drinking water, further review is recommended." Sources used "The Ecologist, February 1978, "Survey and Test Protocols for Point-of-Use Water Purifiers", from Health and Welfare Canada 77-EHD-8 (page 76), Virginia Salares, Ph.D.in chemistry, Prevention Magazine, Feb. 1980. (August 1982)

GARDEN HINTS

ALTERNATE ROW PLANTING AS AN INSECT DETERRENT - Sunflowers planted near corn defeat armyworm.

Tomatoes planted near asparagus defeat asparagus beetle.

Tomatoes planted near cabbage defeat cabbage butterfly.

Green beans planted near potatoes defeat colorado potato beetle.

Potatoes also protect beans from Mexican beetle.

Keep tomatoes away from corn. Keep potatoes away from tomatoes. Don't put pole beans or potatoes close to sunflowers.

Grow mint and horseradish in containers to prevent them from spreading rapidly throughout the garden. (From Getting the Bugs out of Organic Gardening, by the Staff of Organic Gardening and Farming, Rodale Press Inc., Book Division, Emmaus, Penn. 18049) (May 1977)

ANT CONTROL - Ants in your garden? Boil water in a large pot and pour over the affected area. Grass will brown but will revive quickly. (Summer 1987)

ANT CONTROL - combine 3 tbsps sugar with 3 envelopes dry yeast. Stir in 3 tbsps molasses to make a spreadable paste. Slather across 4 inch square pieces of cardboard. Keep pets and children away. ("Make your own Groceries by Hartwig, D.) OR use CIL Liquid Ant Killer - contains borax (J. Nelms) (Spring 1987)

COLE CROPS - Virginia Salares has been growing cole crops successfully for several years without the use of pesticides. Cabbages and other brassicas are protected from the white moth, which lays eggs that hatch into the well-known cabbage loopers by being grown in a frame covered with "Insectinet", a fine 100% nylon net. It is available from French Textiles Company Inc., 835 Bloomfield Avenue, Clifton N.J. 07012 (tel: 201 471-5000). The net comes in various sizes. With care, protected from snags, the net lasts at least two seasons.

She has been ordering seeds for many years from excellent U.S. seed companies, such as Burpee, Park and Johnny's.

Germination rates of their seeds are good and there are many exciting varieties in both vegetable and flower seeds.

It is possible to have fresh home-grown tomatoes in December, January or February. Seeds of "Long Keeper Tomato" are available from Burpee and are not sold locally. The tomatoes are picked green or yellowish before the first fall frost, laid out in basement on shelf. Nothing else is done; just wait for the tomatoes to ripen. They have thicker skins, are orange when ripe and will provide fresh tomatoes long after the summer's harvest is gone. It also cuts down on canning. The flavour is inferior to main crop tomatoes but are satisfactory for cooking and preferable to those sold in mid-winter.

City-dwellers who do not have a root cellar can store their organically grown produce for winter in an extra refrigerator kept especially for that purpose. Adjust the setting so the temperature is somewhere just above freezing. Carrots, beets, winter radishes, chinese cabbages, savoy and winter-keeping cabbages keep well inside plastic bags with a piece of paper towel with each cabbage head to soak up excess moisture.

Chinese cabbages are excellent keepers and are best grown as fall crops. When grown in the fall they are not bothered by insects. They withstand moderate frosts and can be picked as late as early November. (March 1982)

COMPANION PLANTING - to Keep the Insects out of your organic garden:

GARLIC planted among raspberry canes and grape vines keeps Japanese beetles away. Either GARLIC or CHIVES around roses will do the same.

RADISH will protect vine crops. Plant a ring around each hill.

SAVORY planted at intervals between beans protects them.

BASIL protects tomatoes. Seedlings should be set about a foot apart in the row alongside tomato plants.

MINT (spearmint, peppermint, etc.) protects the entire cabbage family (broccoli, cauliflower, Brussels sprouts, etc.) MINT hung in doorways or in dog kennels will keep the flies away.

Strong-scented MARIGOLDS protect potatoes and also strawberries. PETUNIAS around apple trees keep ants and aphids away. (May 1977)

COMPOST - made from vegetable and fruit peelings. Reserve a corner of your backyard. Excellent way of returning nutrients to the soil. Keep in covered crock or plastic container in the kitchen. Take out every 2 days or more often. One way to keep your kitchen smelling clean is by separating perishables like meat scraps and bones. Place in plastic containers and freeze until garbage day. (Spring 1987)

DANDELIONS - One of our members accidently discovered that baking soda and water kills dandelions. (Fall 1989)

DIACIDE — Diatomite and Pyrethrins, a totally natural product, no measurable hazard to the environment, no poison chemical residues, harmless to humans, animals, birds, poultry, earthworms, can be applied on edible crops to time of crop use. Double action. Diatomite for long term effect. Pyrethrins for fast effect. It is a completely natural product formed in the earth millions of years ago when primeval seas covered a major portion of the earth's surface. As the primeval seas receded, deposits of this diatom were laid down, they became fossilized and were compressed into a soft chalk-like rock. Diacide remains permanently effective as long as dust is in place on the plant. Even when washed away by rain the dust goes into the soil where it provides protective value against soil insects such as grubs and cutworms, but will not hurt earthworms. Even a soil build-up through repeated washoffs creates no harmful residue but increases the in-soil effect of insect control. Trace minerals in Diacide are of chelated form and can be utilized by plants. (Dominion Seed House 1976 Seed and Garden Book, Georgetown, Ont) (Summer 1977)

HOMEMADE ORGANIC BUG SPRAY - (from Companion Planting by Louise Riotte) - Take 3 to 4 ounces of chopped garlic bulbs and soak in 2 tablespoons of mineral oil for one day. Add a pint of water in which one teaspoon of fish emulsion has been dissolved. Stir well. Strain the liquid and store in a glass or china container, as it reacts with metals. Dilute this, starting with 1 part to 20 parts of water and use as a spray against your worst insect pests. Garlic sprays are useful in controlling late blight on tomatoes and potatoes. (June 1978)

HOUSEPLANTS - Do layer crushed aquarium stones on top of houseplant soil to inhibit mould growth and mould spores lifting into the room air(Fall 1987)

NON-TOXIC BUG SPRAY - To control aphids, mealy bugs, white flies and spidermites try Safer's insecticide soap from garden centre.

ORGANIC SPRAY -

1 c. fresh spearmint leaves

1 c. green onion top

1/2 c. horseradish root and leaves

1/2 c. red hot peppers

Run through blender adding a little water. Pour into a gallon of soapy water and add 1/2 c. liquid detergent. Dilute by adding 1/2 c. to 1 quart of water. Pour over plants as is or strain and spray it on. (June 1985)

PEST CONTROL -

Potted basil plants seem to repel flies.

For ants, castor oil is quite useful to cover the ant holes, cracks and seams where they enter because it is quite viscous and will not evaporate. Also, put bay leaves along baseboards. Tansy, spearmint and julep mint also repel ants.

Combine either onions, garlic or peppers with water to use as a pest repellant on plants.

Stale beer in a dish set out in your garden will attract snails and slugs. Clean it out every few days (June 1985)

PLANT FOOD - Some unused food supplements can be used up as plant food. Any of the B vitamins that you are unable to tolerate will benefit plant soil, as will calcium and other minerals. Dolomite, somewhat discredited for human consumption because of the possible heavy metal contamination can also be placed under the soil surface and watered in. Crush first for quicker absorption or drop into the water that you use for plants. (Spring 1989)

ROTENONE AND PYRETHIN - Please take note that even though rotenone and pyrethin are natural pesticides acceptable to organic gardeners, these can be toxic to breathe, apparently 4,000 times more toxic to breathe than to eat. (February 1978)

ROTENONE - Rotenone, which is made from the roots of tropical plants like derris, has been considered acceptable as a natural bug killer by organic gardeners. It poisons different types of insects, including beneficial ones. According to an article which appeared in the June 1981 issue of "Organic Gardening", recent research has shown that rotenone causes tumours in rats but not in mice. Since beneficial insects are also killed, it should be used only as a last resort. The type that you mix with water is recommended as it settles more quickly and sticks better. Always wear a protective face mask to avoid inhaling the spray or the dust. (March 1982)

ROTETONE - Rotetone can be applied up to one day before harvest. It leaves no poisonous residue. Rotenone is organic, made from the ground roots of a species of Derris, a tropical plant. Use it for caterpillars on broccoli, cabbage, cauliflower, for vine borers, squash bugs, cucumber beetles on cucumbers, melons, squash, for asparagus beetle, colorado potato beetle, for aphids, beetles, loopers of flowers,

radish flea beetles, fruit worm, sawfly on raspberries, currant worm, fruit worm on gooseberries. Apply as a dust. Can be purchased at Fines or through seed catalogues such as Dominion and Stokes. (Summer 1977)

SEEDS - Following are addresses of seed catalogue companies supplying untreated seeds:

Lowden's Better Plants & Seeds, Box 10, Ancaster, Ont. L9S 3L3. (Tomatoes, raspberries, blackberries).

Mr. Lowden grows his own seeds organically. His fields have never been sprayed with herbicides or pesticides.

Wm. Dam Seeds, Hwy 8, West Flamboro, P.O. Box 8400, Dundas, Ont. L9H 6M1. Carries usual organic fertilizers and insect controls

Tregunno Seeds Ltd., 126 Catherine St., N., Hamilton, Ont. L8R 1J4.

Otto Ritcher & Sons, Box 26, Goodwood, Ont. LOC 1AO. Catalogue: \$1.00. Includes 31 pages full of herb seeds. Organic plant foods, natural insect controls, beneficial insects, and earthworms, plus an impressive list of 65 books. Growing instructions and sometimes cooking instructions along with some of their favourite recipes for usual or gourmet vegetables.

Sanctuary Seeds, 2388 W. 4th, Vancouver, B.C. V6K 1P1.

Rawlinson Garden Seed, 269 College Rd., Truto, N.X. B2N 2P6.

Burpee Seeds are now available in Canada from Cooper-Smith of Oshawa Ltd., 119 Consumer's Drive, Whitby, Ont. LlN 1C4 (416 668-1114). They have a large variety of seeds (all untreated) and plants.

Ritchie Feed & Seed Ltd., 27 York St., Ottawa (236-0454). Except for corn and some beans their seeds are untreated. They do have a catalogue but you must pick it up at the store. If you phone and explain that you have a handicap they will send one through the mail. Their catalogue supply is limited.

Certain local health food stores in Ottawa, such as Matt's, carry (in early spring) a limited variety of untreated seeds from Dam Seeds Co.

The following companies carry some untreated seeds. When ordering you must specifically request untreated seeds:

Bishop Farm Seeds Ltd., Box 338, Belleville, Ont. K8N 5A5.

Stokes Seeds Ltd., 39 James Street, Box 10, St. Catherines, Ont L2R 6R6.

Following are some sources of untreated garden seeds from U.S. companies:

Burpee Seed Co., 300 Park Avenue, Warminster, Pa 18991.

Geo. W. Park Seed Co., Inc., S.C. Hwy 254, N. Greenwood, S.C. 29647.

Johnny's Selected, Albion, Maine, 04910

Butterbrooke Farm, 78 Barry Rd., Oxford, Conn. U.S.A. 06483.

Vermont Bean Seed Co., Garden Lane, Bomoseen, VT 05732. Has 13 pages of bean seed in its catalogue. Does sell other seeds. Recommended for organic gardeners.

Treated seeds

These seeds are dusted with a fungicide called Captan. Captan is suspected as a cause of birth defects and cancer. The Federal Government has reduced its use for household use but is continuing to allow its use in agriculture. (March 1982)

PEST HINTS

COCKROACH CONTROL - 1/2 c. borax with 1/2c. brown sugar and pour the mixture into a shallow container. Keep pets and children away. (Spring 1987)

COCKROACHES - repelled by sliced/diced/crushed cucumbers. The slicing or crunching of the cucumbers cause an enzymatic reaction that releases two compounds in the vegetable that sends the cockroaches scurrying. (Citizen, reprinted from the Chicago Tribune) (June 1985)

NATURAL INSECT REPELLANTS - 3 drops of oil of lemon, 3 drops of oil of eucalyptus and 30 drops of oil of pine in 3 oz of vegetable oil.

Another one from the Way of Herbs by Michael Tierrs is: Oil of pennyroyal, citronella added to a base of any vegetable oil. (May 1984)

ROACHES - There are two natural ingredients that send roaches packing: bay leaves and cucumber skins. The repulsive ingredient in bay leaves is cineol; in cucumbers it is trans-2-nonenal. Just leave in places where roaches are likely to be. Allergy Shot No. 19, Autumn 1983 (November 1983)